

NEWSTART

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Nutrition - Proper nutrition is the foundation of good health and recovery.



Exercise - Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body, mind, and spirit multiplying vitality and health.



Water - Because the body is 70% water, keeping well hydrated and knowing what and when to drink are essential to health.



Sunlight - The sun is the established energy source ordained by God to sustain the cycle of life for plants and animals.



Temperance - Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Temperance can be neither bought nor earned, but is rather an important gift of God, a "fruit of the Spirit" (Galatians 5:22, 23).



Air - The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health.



Rest - Restoration requires rest because sleep allows the body to renew itself. Many types of rest are important for health, but the sweetest rest follows labor. "Early to bed and early to rise" is a healthy lifestyle principle to maintain



Trust In Divine Power - Directly linked to physical health (Proverbs 3:5-6), trust in God is a gift leading to right choices.